

NCTJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

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Humboldt County, CA | FREE
Thursday, April 30, 2020
Vol. XXXI Issue 18
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THE TEST

Testing capacity remains the
biggest challenge in finding a
path out of shelter in place

BY THADEUS GREENSON



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Without a Doubt

Swallows dart about
Apparently together

But never quite in sync,

Changing course
In a heartbeat for

No apparent reason,

Which always
Seems to work.

— Kirk Gothier



Jennifer Fumiko Cahill

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On the Cover
Photo by Damir Sencar / Shutterstock



NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

April 30, 2020 • Volume XXXI Issue 18
North Coast Journal Inc.
www.northcoastjournal.com
ISSN 1099-7571 © Copyright 2020

PUBLISHER
Judy Hodgson
judy@northcoastjournal.com

GENERAL MANAGER
Melissa Sanderson
melissa@northcoastjournal.com

NEWS EDITOR
Thadeus Greenson
thad@northcoastjournal.com

ARTS & FEATURES EDITOR
Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

ASSISTANT EDITOR/STAFF WRITER
Kimberly Wear
kim@northcoastjournal.com

STAFF WRITER
Iridian Casarez
iridian@northcoastjournal.com

CALENDAR EDITOR
Kali Cozyris
calendar@northcoastjournal.com

CONTRIBUTING WRITERS
John J. Bennett, Simona Carini, Wendy Chan,
Barry Evans, Gabrielle Gopinath, Collin Yeo

PRODUCTION MANAGER
Holly Harvey
holly@northcoastjournal.com

ART DIRECTOR
Jonathan Webster
jonathan@northcoastjournal.com

GRAPHIC DESIGN/PRODUCTION
Dave Brown, Miles M.F. Eggleston
ncjads@northcoastjournal.com

ADVERTISING MANAGER
Kyle Windham
kyle@northcoastjournal.com

SENIOR ADVERTISING REPRESENTATIVE
Bryan Walker bryan@northcoastjournal.com

ADVERTISING
Tyler Tibbles tyler@northcoastjournal.com

CLASSIFIED ADVERTISING
Mark Boyd classified@northcoastjournal.com

BOOKKEEPER
Deborah Henry billing@northcoastjournal.com

OFFICE MANAGER
Michelle Dickinson michelle@northcoastjournal.com

MAIL/OFFICE
310 F St., Eureka, CA 95501
707 442-1400 FAX: 707 442-1401
www.northcoastjournal.com

Press Releases newsroom@northcoastjournal.com
Letters to the Editor letters@northcoastjournal.com
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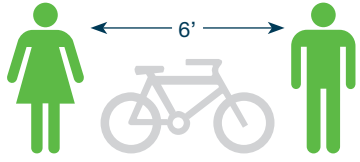


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Dire Projections

Local models forecast stark spike in COVID-19 cases

By Thadeus Greenson

thad@northcoastjournal.com

Local models used by Public Health to predict the spread of COVID-19 project that if Humboldt County keeps all current social distancing orders in place, it could still see 28 deaths by December, at which point there could be 145 hospitalizations, with 64 people under intensive care and 38 using ventilators.

That's one of two model projections Deputy Health Officer Josh Ennis presented to the public at a dialogue April 24 that also included Sheriff William Honsal and Public Health Officer Teresa Frankovich, and was moderated by *Lost Coast Outpost* editor Hank Sims. The other projection was much more dire: If Humboldt County were to lift all social distancing orders and resume life as normal on May 1, the model projects we would see 188 deaths by July, at which point there would be 976 hospitalizations, with 408 people under intensive care and 251 patients using ventilators.

While both projections seem grim, the first would push local peak infection rates later into the year, giving the county and local hospitals more time to prepare and increase capacity. Ennis said current plans would effectively triple the number of local ICU beds while also building out "alternative care sites" to treat less ill people and keep them out of the hospital, allowing providers to meet the projected demand. (Construction began on one 100-bed alternative care site at Redwood Acres on April 25.)

Under the second model, the system would be completely overwhelmed.

"Going forward, we're going to be navigating the place between those two curves and trying to basically preserve lives and never overwhelm our healthcare system, while at the same time allowing some of that societal recovery we're talking about," said Frankovich.

But that's clearly a delicate dance with a disease that has the potential for exponential spread, as Ennis made clear.

"Spread of the disease can quickly spiral out of control," he said. "Think of it like a 100-car freight train and it's speeding along down a railway. If you have to pull a break, it takes a long time for it to slow down."

Frankovich and Ennis said the availability of testing is both a huge limiting factor in their ability to understand spread of the virus locally and a crucial component to any plans to ease current restrictions and re-open portions of society. (Read more on page 8.)

"We don't have the ability to test everyone we want to test," Ennis said, prompting Frankovich to jump in.

"To that point, to really understand how much is out there, we have to be able to do surveillance testing," Frankovich said. "We would have to be able to test everyone who is symptomatic and everyone who is not, and that would give us a true idea of where we are."

As the *Journal* went to press April 28, 2,086 local residents had been tested for COVID-19, with 53 found to have the virus. (The county has seen just three positive cases since April 7 and 52 of those infected to date have since recovered and been released from isolation.) Nine of Humboldt County's positive cases are believed to have been infected from unknown sources within the community, meaning the virus is circulating undetected locally. And studies have shown that more than 25 percent of COVID-19 patients never experience symptoms but are nonetheless contagious for 14 days.

And that's a problem when it comes to discussions of re-opening public life, as only comprehensive testing will allow officials to react quickly enough to counteract a surge in the virus.

"It's really important we have robust testing in place so we know what's happening in the community and we can test, we can trace and we can isolate," Ennis said. "That is a huge piece of this that really needs to be in place ... before we can take that [next] step, I think."

But there continue to be supply chain issues with testing, which requires a number of specific supplies, from swabs to chemical reagents, that are in tremendously high demand throughout the state, nation and world.

Without more representative testing data, the county is taking some small steps toward loosening the restrictions that

Continued on page 7 »

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healthcare workers instead of wearing them. Multiple
layers of fabric are sufficient for the general population.*

Illustration by Jonathan Webster

have been in place for the last month. Last week, Honsal announced that the Sheriff's Office main station would be re-opening to the public in a limited capacity and called on other government offices to do the same. He also urged businesses that were deemed "essential" under the shelter-in-place order and allowed to continue operations, but chose to shutter instead, to open. But those small steps also came with a mandatory facial covering order that went into place April 25, requiring all people to wear facial coverings when in public unless outdoors in situations where they can stay at least 6 feet away from other people at all times, with few exceptions. (See the accompanying graphic.)

"I know it's not necessarily popular but we see [the mask order] as a precondition to lifting restrictions," Frankvoich said, explaining that facial coverings don't necessarily protect the wearer from infection but are effective in preventing them from unwittingly spreading the virus.

The April 24 discussion of local modeling came after Butte County Public Health Officer Andy Miller disclosed the median projections from a state model, based off the Johns Hopkins University model, the prior week. Ennis said that modeling was done based on data that is now a month old but the projection had Humboldt County seeing 40 COVID-19 deaths and 171 hospitalizations by July 1. The projections Ennis presented yesterday were based on more recent data, he said, using a model from the University of Pennsylvania's open source formula.

Ennis cautioned that models are based

on "a lot of assumptions about how the virus transmits" and, at this point, do not distinguish between urban and rural areas or take population density into account.

"It's guesswork to some degree but it's an educated guess and it's based on data and what we do know," he said.

In walking the public through the more dire of the two projections — the one that would see hospitals overflowing this summer without enough ventilators and ICU beds to treat the hundreds of people who need them and 188 people having already died of the disease — Ennis underscored that without restrictions, the model indicates the local health system would be completely overwhelmed within 60 days.

"We don't put this up to frighten people but this is what the data says," he said.

News in Brief

Economic Woes Mount: Responding to an ongoing survey conducted by the Humboldt County Office of Emergency Services, 668 businesses have combined to report more than \$28.3 million in lost revenue and the permanent loss of 2,130 jobs. At last report, 15 businesses had been forced to close permanently. The survey results — which indicate a 6-percent reduction in Humboldt County's workforce — are based on just 21 percent of local employers having responded. Statewide, roughly 530,000 people filed new unemployment claims last week.

Striking a Chord: "Alone Together," a locally produced music video featuring 22

musicians living in or tied to Humboldt County, has been making the rounds on social media. The video, which features a host of recognizable faces from musicians (John Elliott, Lila Nelson and Deb Waxman, among others) to politicians (Mike Wilson, Mark Lovelace and Jared Huffman), was the brainchild of Wilson, Mike Dronkers and members of the Bayside Music Collective. Check it out at www.northcoastjournal.com.

A Virtual Commencement: Humboldt State University will host a virtual graduation ceremony May 16, the same day it had planned to honor graduates in person at the Redwood Bowl. The virtual commencement will feature a message from President Tom Jackson Jr. and 10-second video clips of students saying their full names and offering a short message while clad in caps and tassels, if they have them.

Property Tax Shortfall: The county of Humboldt saw 89 percent of local property tax payments show up by the April 10 deadline, which came amid the COVID-19 outbreak that has shuttered businesses and left thousands in the region out of work. The number marks a roughly 4 percent drop from last year, and leaves a shortfall of roughly \$8.7 million. Those who were unable to pay and plan to request a COVID-19 late payment waiver must submit documentation — like a layoff notice, school registration papers or a doctor's note — and a signed affidavit available on the county's website along with their payment by June 10.

Read these stories and more at www.northcoastjournal.com. ●

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The Test

Testing capacity remains the biggest challenge in finding a path out of shelter in place

By Thadeus Greenson

thad@northcoastjournal.com



A Humboldt County Public Health Laboratory employee logs COVID-19 test results.
Humboldt County Public Health

It's been a common refrain, one that's morphed into an intense chorus in recent weeks as county officials ponder the possibility of easing shelter-in-place restrictions in an effort to get people back to work.

"It's really important we have robust testing in place so we know what's happening in the community and we can test, we can trace and we can isolate," said Deputy Health Officer Josh Ennis at a forum last week. "That is a huge piece of this that really needs to be in place."

A few days later, at an April 27 media availability, Public Health Officer Teresa Frankovich echoed the sentiment: "We want as much information as possible about how much of this virus is out there in the community and that will help inform everything we do."

The stakes of how Humboldt County navigates the coming weeks are dizzyingly high and Frankovich has been very direct in saying that easing shelter-in-place restrictions will lead to more illness. The virus is circulating in the local community and the more people interact and are in contact, the more it will spread. But she's also conceded the current situation — with most of the population sitting at home and economic losses mounting — is untenable long term.

"As we look forward, we know that we can't sit where we are forever," she said. "We're going to have to start moving out of shelter in place and we know that will bring with it some increase in community transmission, so we're working very hard to have all the underpinnings to make sure we can respond to new cases."

As Ennis indicated, the county's goal moving forward will be to aggressively test, trace and isolate new cases to prevent spread of the disease. Officials are planning accordingly. Where the county once had three communicable disease investigators — the folks tasked with finding everyone a COVID-19 patient has been in contact with

so they can be assessed for symptoms and urged to self isolate — it has now trained 30 more with further reinforcements coming. But building up the county's testing capacity remains a daunting challenge and, by the metrics some infectious disease experts have outlined, we are no where close to where we need to be.

Testing is an essential component of preventing COVID-19 spread for a number of reasons. The disease manifests with a wide range of symptoms — the CDC recently broadened them to include muscle pain, chills, headache, sore throat and new loss of taste or smell — making it difficult to identify, especially in early stages. Studies have shown more than 25 percent of patients may never experience symptoms but will still be contagious carriers for 14 days.

To date, healthcare providers have almost exclusively been testing symptomatic patients. Due to a shortage of testing supplies, they've followed strict criteria for determining who gets tested and where those samples are sent. The highest risk patients — people being treated in a hospital, those with extreme symptoms, those with symptoms plus underlying health issues or people who are symptomatic and capable of spreading the disease widely, like healthcare workers — are tested, with their samples going to the Public Health Laboratory, which can process them in 48 to 72 hours. Samples from lower risk patients — like those who are mildly symptomatic and have been in contact with a confirmed case — have generally been sent to one of two out-of-area corporate laboratories, Quest and LabCorp, which have slower turnaround times. Mildly symptomatic people have generally just been told to stay home.

As this edition of the *Journal* went to press, 2,086 local residents had been tested — about 1.5 percent of the population, which puts us between national (1.69 percent) and state (1.39 percent)

testing rates. But the rate at which locals have been tested has declined in recent weeks. According to the numbers released by Public Health, we've gone from seeing an average of almost 87 tests a day from March 25 through April 7 to an average of 50 daily tests since. The biggest decline has come from the corporate labs, which went from reporting an average of almost 45 tests a day in the first span to just eight in the second.

It's unclear exactly why that is. Mad River Community Hospital sends all its samples to the Public Health lab for testing, while St. Joseph Health and Open Door send to either a corporate lab — St. Joseph uses Quest while Open Door uses LabCorp — or Public Health based on the agency's testing priority criteria.

Spokespeople at Mad River and St. Joseph say providers at the hospital continue to send samples for testing at roughly the same rate they were weeks ago, but Open Door CEO Tory Starr said there has been a notable drop-off in the rate at which providers are ordering tests. Starr said that while Open Door sent 151 samples for testing the week of March 29, it only sent 90 samples the week of April 12.

"Our assumption is testing has declined because the number patients meeting the criteria for testing has declined," he said. "That means less people meeting the testing criteria have been seeking care from Open Door."

Frankovich recently suggested the decline may be due to Humboldt County moving out of cold and flu season, meaning fewer people are experiencing respiratory symptoms that make them worry they may have COVID-19. But Frankovich has also indicated that, as testing capacity continues to increase, she's less convinced Public Health is getting accurate numbers, noting that while labs are legally required to immediately notify Public Health of a positive test, neither providers nor labs are mandated to do so for a negative.

"Getting a good count on all the negatives is going to be increasingly difficult," she said, adding it's problematic because positive tests only tell part of the story of how prevalent the virus is in the community.

The Public Health Laboratory, one of only 29 in the state, wasn't designed to conduct high volume testing and can currently only process about 55 samples a day, though work is being done to increase that number. On April 28, Public Health announced a new community testing site has opened in Eureka.

The site, which comes as part of Gov. Gavin Newsom's plan to increase testing capacity throughout the state, is operated by Optum, a multi-billion-dollar, multi-national healthcare company. Once fully up and running, it will have the capacity to test approximately 96 people per day, with the samples sent to one of the corporate labs for processing.

According to state Sen. Mike McGuire, the site is beginning by testing "frontline" local workers — doctors, nurses, skilled nursing facility staff and people who work in nursing homes — as a soft launch of local surveillance testing, or the practice of testing asymptomatic people in an effort to limit the virus' spread by identifying carriers. But Frankovich said the goal is open it up to the general public so mildly symptomatic — and eventually even asymptomatic — people can make an appointment and get tested.

But while any increase to testing capacity is welcome, it's hard to see this as much more than a baby step for a number of reasons.

First, there are approximately 1,500 nurses in Humboldt County, so testing them alone would take more than two weeks. And one of the challenges of surveillance testing is that a negative test just means the subject doesn't have COVID-19 at the moment they are tested. But there is, of course, the risk they may become infected

tomorrow or the next day. So systematically ensuring frontline personnel aren't infected — and risking simultaneously hastening the virus' spread and diminishing local capacity to provide healthcare — means testing them regularly.

A variety of infectious disease specialists have said that nationally, to really contain the virus, we need to be testing 2 to 8 percent of the population daily. That would require 5 million to 20 million tests every day. (As the *Journal* went to press, about 5.6 million people had been tested nationally.)

"Even under the most optimistic scenarios, we need to be testing millions of people per day to allow a significant return to the workforce," reads a white paper report from Harvard University's Safra Center for Ethics. "Tens of million per day seems more likely and more than 100 million may be necessary in the worst case."

Testing 2 percent of Humboldt County's population daily would be 2,692 people — some 600 more than have been tested to date. Testing 8 percent daily would be 10,769 people.

At the moment, those numbers seem insurmountably high due to a variety of factors, from providers' capacities to take samples and labs' capacities to process them (again, the Public Health Laboratory simply wasn't built to process hundreds — let alone thousands — of tests a day) to supply chain issues.

What's generally referred to as a COVID-19 test is actually a complex series of steps, each of which requires specialized equipment. There's the deep nasal swab commonly used to obtain a sample from a patient at a hospital, clinic or testing site, specialized containers used to transport the samples to the lab, testing equipment in the lab and specific chemical reagents used to process the tests. All these items are in incredible demand as just about every laboratory in the country works to ramp up testing capacity to meet the incredible need.

Frankovich has said that Newsom's task force on testing has eased some supply chain issues, which has led her and state counterparts to ease testing criteria to allow the testing of mildly symptomatic people. But many have argued the only swift and definite way to address supply chain issues and allow the kind of rapid increase to testing capacity needed would be for President Trump to use the Defense Production Act to compel companies to manufacture the necessary testing components in huge quantities, which he has so far been loath to do, or for Congress to invest billions of dollars to fund a massive supply increase.

These are clearly issues way beyond

local control, though Public Health staff scrambles daily to keep supplies flowing. The Safra Center white paper recommends a federal investment of potentially hundreds of billions of dollars to ramp up testing nationwide and "end a lockdown that is costing the U.S. economy tens of billions of dollars every day."

"Failing to make this investment would go down as one of the most extreme examples in history of being pennywise and pound foolish," the paper concludes. "A key impediment to scaling up the supply chain is the lack of demand and supply perceived at every step of the testing supply chain. Achieving common acceptance of the need for tens of millions of tests a day and coordinating efforts to hit this target is therefore critical to our ability to go outside again. We must communicate this message as clearly and as loudly as we can to as many leaders as possible, and as quickly as possible."

But Humboldt County is a long way from Washington, D.C. and, given the realities of testing capacity, officials are left to balance the ongoing negative impacts of shelter in place against the potential spread of a deadly disease. It's a slow dance of preparing and mitigating, building healthcare surge capacity and ordering people to wear facial coverings while also urging essential businesses and government offices to re-open.

At the forum last week, Ennis and Frankovich talked publicly for the first time about local modeling projections, unveiling two different scenarios. The first projected what might happen if the county kept all social distancing measures in place until the end of the year and estimated we might see 28 deaths by December, at which point 145 people would be hospitalized, including 64 under intensive care and 38 breathing through ventilators. The other projected what might happen if the county were to lift all social distancing requirements and resume life as normal May 1, and found we could see 188 deaths by July, at which point there could be almost 1,000 people hospitalized, including 408 in intensive care and 251 breathing with ventilators. That would be hundreds of ventilators and ICU beds we don't have.

The next day, a reporter asked Frankovich about the chasm that exists between the two models and what might happen if the county eased just some of its shelter-in-place order.

"It's the million-dollar question," she said. "We are going to have to be watching carefully to know what the impact is ... A lot of this is uncharted territory and [there is a] massive importance of being able to monitor our population through testing."

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Our Vision: “A World Without Violence”

Wolves During Wartime

M.F.K. Fisher on food, security and love

By **Simona Carini**

onthetable@northcoastjournal.com



Rye toasts and “snappy” Parmesan atop onion soup are a pleasure, even in hard times. *Photo by Simona Carini*

Editor's note: As we shelter in place during a global pandemic, it seems like a good time to revisit Simona Carini's take on M.F.K. Fisher's wartime rationing recipes and reflections, first printed here July 3, 2008.

Of the books penned by legendary food writer M.F.K. Fisher (1908-1992) that I have so far read, my favorite is *How to Cook a Wolf*. Published in 1942, James Beard described her fourth book as a “brilliant approach to wartime economies for the table.”

Wartime brings special challenges to anybody trying to eat “with both grace and gusto.” Fisher refuses to allow all pleasures to disappear from the wartime table and provides advice and recipes that creatively make the best of what can be obtained and prepared at a time of tight budget and scarcity. As usual with her books, the food at hand provides the springboard for reflections on topics ranging from the balanced diet to the choice of a drinking partner. An endearing quality of *How to Cook a Wolf* is the fact that, nine years after its publication, Fisher went back to it and annotated it with theatrical asides cheering or lamenting her original words.

At some point the war ends, and in time rations and shortages end as well. People want to forget the war years and the privations suffered during them. Fisher believed, however, that the majority of men and women “who cooked and marketed their way through the past war ... will feel, until their final days on earth, a kind of culinary caution: butter, no matter how unlimited, is a precious substance not lightly to be wasted; meats too, and eggs, and all the far-brought spices of the world, take on a new significance, having once been so rare. And that is good, for there can be no more shameful carelessness than with the food we eat for life itself.”

Each chapter of *How to Cook a Wolf* presents Fisher's thoughts on a topic: “How to Boil Water,” “How Not to Boil an Egg,” etc. Expounded principles are applied in recipes inserted in the text. Although the

recipes are interesting (they include the aptly named War Cake, in which bacon grease can be used, “because of the spices that hide its taste”), the main pleasure of reading the book is to listen to Fisher philosophize, muse, get passionate, gently satirize (herself first), and tell stories, where she describes people and events of her life.

My favorite character is Sue, protagonist of the chapter “How to Be Cheerful Though Starving.” “She loved to eat, and she apparently loved, now and then, to eat with other people. Her suppers were legendary.” As we read about Sue's house (“a little weatherbeaten house on a big weatherbeaten cliff”) and about her meals (“There were the little bowls of chopped fresh and cooked leaves. There were the fresh and dried herbs, which she had gathered from the fields. There was the common bowl of rice ... There was tea, always.”), we are drawn into what feels like a fairytale and we move in it like small children, awed and a bit afraid. “I have never eaten such strange things as there in her dark smelly room, with the waves roaring at the foot of the cliff.” Sue knew about lots of herbs and wandered around her house to pick them, sometimes trespassing in other people's gardens. “The salads and stews she made from these little shy weeds were indeed peculiar, but she blended and cooked them so skillfully that they never lost their fresh salt crispness.”

Beyond the appreciation for the food Sue prepared, Fisher tells her story as a lesson: “But anyone in the world, with intelligence and spirit and the knowledge that it must be done, can live with her inspired oblivion to the ugliness of poverty. ... Sue nourished herself and many other people for many years, with the quiet assumption (this is very important) that man's need for food is not a grim obsession, repulsive, disturbing, but a dignified and even enjoyable function. Her nourishment was of more than the flesh, not because of its strangeness, but because of her own calm. (And this, too, is very important.)”

Graceful and appreciative eating leads to a deeper understanding of the nobility

of our life: “I believe that one of the most dignified ways we are capable of, to assert and then reassert our dignity in the face of poverty and war's fears and pains, is to nourish ourselves with all possible skill, delicacy, and ever-increasing enjoyment. And with our gastronomical growth will come, inevitably, knowledge and perception of a hundred other things, but mainly of ourselves.”

Below is a vegetarian version of Fisher's Parisian onion soup from *How to Cook a Wolf*. Hers is made with canned beef broth and served with rye bread covered in “grated snappy cheese (Parmesan type).”

Vegetarian Parisian Onion Soup

Ingredients:

1 tablespoon olive oil
1 ¼ pound sweet onions, thinly sliced with a mandolin
Leaves from 2 sprigs of fresh thyme
1 bay leaf
1 tablespoon all-purpose flour
4 cups vegetable broth, heated
Salt and freshly ground pepper to taste
Parmesan cheese
Sliced rye bread

Heat the oil in a saucepan over medium heat and add the onions and thyme. Cook gently, stirring, for 15 minutes.

Sprinkle the flour over the onions, mix well and add broth and bay leaf. Cover and simmer until the onions are soft, about 30 minutes.

Discard the bay leaf and adjust salt and pepper to taste.

Grate a thick layer of cheese onto the toast and melt under a broiler. (This is better than putting the toast and cheese on the soup and then melting since the toast stays crispier.)

Ladle the soup into bowls, arrange the toast on the surface and serve immediately.

●
Simona Carini also writes about her adventures in the kitchen on her blog www.pulcetta.com. She prefers she/her pronouns.



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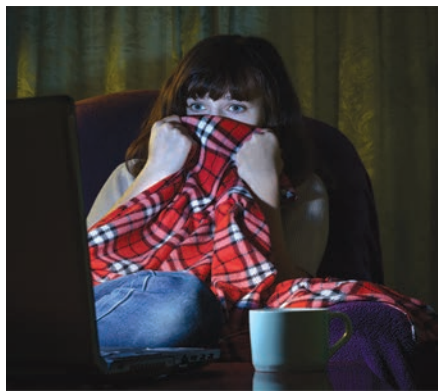
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Calendar

April 30 – May 7, 2020



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Not scared enough? Try **Robo-Cat Productions Presents: Encounters with the Unknown** on **Saturday, May 2 at 5 p.m.** on YouTube (free). Two hours of weird tales of ghosts and spirits oughta do it. Visit the Facebook event page for details, unless you prefer searching by Ouija board.



File

Tune into a Facebook Live watch party of the play **Radioman**, based on the wartime experiences of the Blue Ox Millworks' Eric Hollenbeck and others, on **Saturday, May 2 at 5 p.m.** or via YouTube on **Sunday, May 3 at 2 p.m.** (via **Radioman** the Play on Facebook). **Dell'Arte** is streaming the drama, too, from **May 7-13** on its YouTube and Vimeo channels.



Submitted

Keep fiddling around at home on **Saturday, May 2 at 8 p.m.**, when **KEET** presents **Live at the Old Steeple: Phoebe Hunt** (free). Her performance, billed as “a message of healing through music,” might be just the thing right now.

BULLETIN BOARD

Area 1 Agency on Aging Partners and the Friendship Line offer support to seniors. Older adults can call the toll-free “warm line” (1-888-670-1360) for a friendly listening ear and emotional support for those facing loneliness, isolation or anxiety, including concerns about COVID-19. Both the new number and the 24-hour, toll-free Friendship Line (1-800-971-0016) will take inbound calls, as well as offer pre-scheduled outbound call service.

KEET is accepting short quarantine videos. Shoot a one-minute clip on your phone or tablet about how you're spending your downtime during shelter in place — gardening, cooking, knitting, whatever works for you — as well as whatever silver linings you've discovered. Send video files to production@keet-tv.org. These short videos will be used on KEET-HD and may be edited for length.

KEET is also accepting video stories from local Asian Americans and Pacific Islanders. As part of Asian American Pacific Islander Heritage Month in May, KEET is looking for stories from you to share. What experiences have you had living on the Redwood Coast? Tell us your story. Call 445-0813 or submit your story to production@keet-tv.org.

The Redwood Art Association seeks submissions. RAA will hold a juried virtual exhibition with prizes, judged by Dean Smith of College of the Redwoods. Deadline for online entry is May 9 at 5 p.m. for the May 13 opening. Exhibition entry and details available at www.redwoodart.us. The exhibition is open to RAA members. Membership available on the RAA website.

Humboldt County Library materials are available even without a library card. Create an e-account at www.humlib.org with just your name, zip code and an email address for access to e-books, audio books, magazines and databases, even while the library is closed. Click “Connect with a Librarian or Get an e-Account” or call 269-1915 Tuesdays through Saturdays 10 a.m. to 5 p.m. Or use your library card on the site, even if carrying a bill. Wi-Fi is also available outside all library locations Tuesdays through Saturdays from 9 a.m. to 9 p.m. Please observe social distancing while using library Wi-Fi. Hold onto library books and other materials, as drop boxes are locked.

Quarantine Café seeks submissions. Share your gifts with the daily half-hour program featuring performances and interviews with musical acts from around the world. For submission guidelines, go to www.facebook.com/quarantinecafe. New episodes air there weekdays at 3 p.m. The entire backlog of episodes is available on Facebook and soon on YouTube. Email quarantinecafe2020@gmail.com.

The city of Arcata is offering free delivery of a backyard compost bin, which may be purchased for the discounted price of \$25. Email eservices@cityofarcata.org or by calling 822-8184. Proof of residency within Arcata city limits is required. For more information on zero waste practices, visit www.cityofarcata.org.

The Humboldt County Animal Shelter will be closed to the public until the shelter-in-place order is lifted, though staff will still be feeding and caring for the animals, as well as taking calls Monday through Friday from 8 a.m. to 4:30 p.m. If your pet is impounded at the shelter, call 840-9132 to make pick-up arrangements. If you leave a message, your call will be returned.

GET HELP/GIVE HELP

Redwood Community Action Agency is offering help with energy bills — home heating bill or the purchase of propane, firewood, pellets or kerosene — for low to moderate income households. Call 444-3831, extension 202, to see if you qualify. To learn more about RCAA's programs and services, visit www.rcaa.org or call 445-0881.

CalFresh EBT cards can be used for online and home delivery shopping at Amazon and Walmart. Visit www.getcalfresh.org to apply or call (877) 847-3663 to be connected to your local county social service office.

Redwood Coast Energy Authority is offering a \$500 rebate for purchasing electric bikes through October or until funds run out. Learn more at www.redwoodenergy.org/services/transportation/electric-bikes-rebate, call 269-1700 or email EV@redwoodenergy.org.

Humboldt County free school meals are still available in many districts. For a complete list of all district meal times and distribution locations, visit the Humboldt County Office of Education's website: www.hcoe.org/covid-19-2/school-meal-times-and-locations.

Northern California Community Blood Bank: You can make an extremely essential outing and safely donate at a number of times and locations around Humboldt. Blood mobiles and the blood center are set up for social distancing. Visit www.nccbb.net for a full schedule.

Mad River Community Hospital: Donations of PPE can be made at the main hospital entrance Monday through Friday, noon to 2 p.m. Facilities in need of masks can reach out to the Facebook group Humboldt Coronavirus Mask Makers for donations.

Emergency Grants Available to Help College Students Stay in School with a \$500 California College Student Emergency Support Fund for low-income students who are currently enrolled full time and have already completed 24 semester units. Undocumented immigrants, foster youth and those who are housing insecure are urged to apply. Apply online at www.missionassetfund.org/ca-college-student-grant.

SoHum Health's hospital and clinic staff are calling seniors residing in the area to offer a wellness check, information on grocery delivery services via the Healy Senior Center, prescription refills and delivery, and Tele-health visits with their clinic provider, if needed. Don't wait for a call, contact SoHum Health's Senior Life Solutions at 922-6321.

Humboldt Area Foundation and its affiliate the **Wild Rivers Community Foundation** (in Crescent City) have launched the **COVID-19 Regional Response Fund**. Tax-deductible contributions can be made by mail, at www.hafoundation.org or in person. Grants will go to nonprofits, other charitable organizations and Native Indigenous organizations in Trinity, Humboldt, Del Norte and Curry counties. Visit www.hafoundation.org or call 442-2993.

Pacific Gas and Electric Co. (PG&E) is implementing a series of billing and service modifications effective immediately to support customers experiencing hardships as a result of the COVID-19 pandemic. For more information, visit www.pge.com/covid19.

VIRTUAL WORLD EVENTS

ARTS & MUSIC

College of the Redwoods Juried Student Exhibition. April 14-May 14. Virtual World, online. A virtual show of student work on view at the Creative Arts Gallery website, where visitors can explore the exhibition in full. You can also see work posted daily on Instagram at [@redwoodsgallery](https://www.instagram.com/redwoodsgallery) and at www.facebook.com/collegeoftheredwoodsgallery. This year's judge is Gina Tuzzi. Free. www.redwoods.edu/artgallery.

Club Triangle Streaming Saturdays. Saturdays. Virtual World, online. Weekly online queer variety show. Submissions accepted daily then shared on Streaming Saturdays all day. Post your art on social media and tag [@clubtriangle](https://www.instagram.com/clubtriangle). [#coronoshebettadont](https://www.facebook.com/clubtriangle707). www.instagram.com/clubtriangle. www.facebook.com/clubtriangle707. Free.

The Future Is Now: A Zoom Communique. Thursdays, 6:30-8 p.m. Virtual World, online. A fun and interactive Zoom call based in Humboldt County. Join time travelers from your future who are searching for the artifacts from our time that predict life in the decades to come. Do you dream and work for a better future? Hear how your work turns out! Email or visit the Facebook event page for the Zoom link. Free. CoopHumEd@gmail.com. www.facebook.com/

[events/1657090377763791](https://www.facebook.com/events/1657090377763791).

The J Street Regulars Radio Hour. Mondays-Fridays, 7-8 p.m. Virtual World, online. A live-stream performance from the Sanctuary's Great Hall via Facebook Live. One of the J Street Regulars hosts, performing live and taking requests. Free, donations via website welcome. nanieldickerson@gmail.com. www.sanctuaryarcata.org/donate. 822-0898.

Social Distancing Festival, Virtual World, online. A site for celebrating art from all over the world. Tune in for live streams of music, theater, storytelling, performance art and more. www.socialdistancingfestival.com. Free. www.socialdistancingfestival.com.

Socially Distant Fest. Another Facebook group for virtual connection and entertainment with 57,000 members and growing. From the group's “About” page: “This group has been created to bring some entertainment to those of us that are isolated/quarantined or distanced socially because of the COVID19 pandemic. We welcome performers of all backgrounds (musicians, poets, puppeteers, fire spinners, etc.) to share their talents with us! We will have a showcase every Sunday.” Email howdy@sociallydistantfest.com to perform. Find it at www.facebook.com/groups/sociallydistantfest.

Quarantine Sing-along. Ongoing, 7 p.m. Virtual World, online. A Facebook group to join if you like fun group singing. Song of the day posted at 3 p.m., singing starts at 7 p.m. www.facebook.com/groups/quarantinesingalong. Free.

BOOKS & SPOKEN WORD

Reading in Place online book club. Sat., May 2, 1 p.m. Virtual World, online. Join the Humboldt County Library for a new online reading group with meetings via Zoom. Discuss a different short story each week and connect with other readers. Sign up using the Google Form link online or via the library's Facebook page and you'll receive an email with the Zoom meeting link to click when it's time to start. Free. www.humboldt.gov/Calendar.aspx?EID=5991&month=4&year=2020&day=25&calType=0. 269-1915.

Poetry on the Edge. Ongoing, noon. Virtual World, online. This Facebook group of Humboldt County poets (and lovers of poetry) is about living on the edge of the continent, on the edge because of the crazy pandemic we're living in, and because words give us a way to explore both the shadows and the light. Hosted by Eureka Poet Laureate David Holper. Free.

DANCE & MOVEMENT

Hip Hop Dance Class with Cleo. Mondays, 2-3 p.m. Virtual World, online. Let loose with some easy footwork and isolation, while finding your own groove. Wear stretchy clothes and prepare space to jump around and shake what your mama gave ya. Donations of any amount can be sent through PayPal under Cleo_deorio@yahoo.com. Pay what you can. Cleo_deorio@yahoo.com or Venmo under [@cleodeorio](https://www.venmo.com/cleodeorio). www.youtube.com/channel/UC3K_ieEdMDotn2qjZcIKh2g. (567) 242-8953.

Modern Dance Class with Cleo. Thursdays, 10-11 a.m. Virtual World, online. A relaxing and explorative modern class from the comfort of your own home. Find balance, strength and flexibility amid the quarantine stress. Wear stretchy clothes and prepare space to sprawl out on the floor. This class will be hosted on YouTube Live and is pay-what-you-can. Donations of any amount can be sent through PayPal under Cleo_deorio@yahoo.com or Venmo under [@cleodeorio](https://www.venmo.com/cleodeorio). Pay what you can. Cleo_deorio@yahoo.com. www.youtube.com/channel/UC3K_ieEdMDotn2qjZcIKh2g.

Restorative Movement. Tuesdays, Thursdays, 10:30-11:30 a.m. & 1:30-2:30 p.m. Virtual World, online. This class includes breath work, relaxation, and a variety of yoga and non-yoga movement styles. Tuesday classes focus on strength and mobility. Thursday classes focus on relaxation and breath work. Contact instructor Ann Constantino for a link to the online class orientation. Free. annconstantino@gmail.com. www.sohumhealth.org. 923-3921.

Tabata. Mondays, Wednesdays, Fridays, 5:30-6:30 p.m. Virtual World, online. SoHum Health presents online Tabata classes. Tabata exercises are short, high intensity cardio workouts consisting of quick rounds of exercise at maximum effort, followed by 10 seconds of rest. Contact instructor Stephanie

Finch by email for a link to the online class. Free. sfinch40@gmail.com. www.sohumhealth.org.

Zumba Live with Tigger. Tuesdays and Thursdays at 5:30 p.m. Virtual World, online. Via Facebook Live and Zoom. Find Tigger Bouncer Custodio on Facebook for details.

KIDS

Boston Children's Museum Walk-through Tour. Ongoing. Virtual World, online. See the fun, educational exhibits from your couch. Free. www.bostonchildrensmuseum.org/museum-virtual-tour.

Drag Queen Story Hour. Virtual World, online. Glitter, wigs and stories for the kids. Visit www.facebook.com/pg/dragqueenstoryhour/events to see who's reading when and hear a fabulous story. Free.

Goodnight with Dolly. Thursdays, 4 p.m. Virtual World, online. "Goodnight with Dolly" will continue every week on Thursday nights until June 4. Dolly Parton will read a book carefully chosen for appropriate content from the Dolly Parton's Imagination Library. www.facebook.com/dollysimaginationlibrary.

Mondays with Michelle Obama. Mondays, 3 p.m. Virtual World, online. Read along with the former First Lady via PBS' Kids Facebook page and YouTube channel, and Penguin Random House's Facebook page.

Roald Dahl Museum Read Along. Ongoing. Virtual World, online. Fun and engaging resources for educators, parents and kids. www.roalddahl.com/things-to-do-indoors. Free.

San Diego Zoo Kids. Ongoing. Virtual World, online. Zoo videos, activities and games. www.kids.sandiegozoo.org. Free.

Virtual Field Trips. Ongoing. Virtual World, online. For kids (and grown-ups, too!) Visit the Great Wall of China, Anne Frank House, Monterey Bay Aquarium, International Space Station, The Louvre Museum and more. www.freedomhomeschooling.com/virtual-field-trips. Free.

Virtual Marine Camp for Kids. Mondays, 11 a.m. Virtual World, online. Seattle-based Oceans Initiative marine biologists and parents Erin Ashe and Rob Williams livestream Mondays simultaneously on Instagram and Facebook. No need to sign up. Just like and follow their pages, and they'll "see" you Mondays at 11 a.m. Free. [@oceansinitiative](http://www.facebook.com/OceansInitiative), www.oceansinitiative.org/blog.

MOVIES & THEATER

Ewok Stuntman Kevin Thompson. Mon., May 4, 5 p.m. Virtual World, online. The Humboldt-Del Norte Film Commission celebrates May the Fourth with a Facebook Live chat with the actor who played Chubbrey the Ewok in *Return of the Jedi*. Free. www.facebook.com/filmhumboldtelnorte.

Minimax Movie Premiers. Virtual World, online. Support the Minimax and enjoy fresh arthouse cinema at home. Check out films for three to five days (details online). Movies TBA. \$12. www.minimaxevents.com/movies.

Minor Theater Movie Premiers. Virtual World, online. Support the Minor from your home theater. Check out films for three to five days (details online). Movies TBA. \$12. www.minortheatre.com.

Radioman Watch Party. Sat., May 2, 5 p.m. and Sun., May 3, 2 p.m. Virtual World, online. Facebook Live viewing of the 2019 Dell'Arte production the wartime drama based on Eric Hollenbeck's book *Uncle Sam's Tour Guide to Southeast Asia* and stories by other veterans with playwright Jim McManus. www.facebook.com/events/672611489949785.

Radioman. May 7-13. Virtual World, online. The 2019 Dell'Arte production the wartime drama based on Eric Hollenbeck's book *Uncle Sam's Tour Guide to Southeast Asia* and stories by other veterans with playwright Jim McManus. Via Dell'Arte's Vimeo and YouTube channels. www.dellarte.com. Donation.

Robo-Cat Productions Presents: Encounters with the Unknown. Sat., May 2, 5-7 p.m. Virtual World, online. Two hours of "true" stories of ghostly encounters and the unexpected, including songs, short films and tall tales. Free. robocatproductions@gmail.com. www.facebook.com/events/1920258851440001. 362-6764.

MUSEUMS & TOURS

Ask the Curator. Fridays, 2-3 p.m. Virtual World, online. Weekly talk and Q&A with folks from the Clarke Museum. Board President Shirley Laos shares about her role. Free. admin@clarkemuseum.org. www.facebook.com/ClarkeHistoricalMuseum.

Buckingham Palace, Mount Vernon and More Historic Homes You Can Virtually Tour. Ongoing. Virtual World, online. Enjoy the stunning architecture and interior design of many significant homes from the comfort of your own couch. Go to www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour. Free.

Cultural, Historical and Scientific Collections You Can Explore Online. Ongoing. Virtual World, online. Tour world-class museums, read historic cookbooks, browse interactive maps and more. Visit www.smithsonianmag.com/smart-news/68-cultural-historical-and-scientific-collections-you-can-explore-online-180974475. Free.

Explore Mars. Ongoing. Virtual World, online. Explore the surface of Mars on the *Curiosity* rover. www.accessmars.withgoogle.com. Free.

Gardens You Can Virtually Tour. Ongoing. Virtual World, online. From Claude Monet's garden in France to the Hawaii Tropical Botanical Garden to Waddesdon Manor in England. Visit www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour. Free.

Monterey Bay Aquarium Live Cams. Ongoing. Virtual World, online. View different live cams of Monterey Bay Aquarium exhibits. www.montereybayaquarium.org/animals/live-cams. Free.

California Native Plant Society Wildflower Show. Virtual World, online. The North Coast Chapter of the California Native Plant Society hosts photos of wildflowers and their habitats; presentations on pollination and pollinators; posters and slideshows about invasive plants, dune plants, and Wiyot plants; and lessons on wildflower art. susanpenn60@gmail.com. www.northcoastcnps.org. 672-3346.

NASA Space Center's Hubble Space Telescope. Ongoing. Virtual World, online. Take a virtual tour of NASA Space Center's Hubble Space Telescope. www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour. Free.

Panda Cam at the Zoo Atlanta. Ongoing. Virtual World, online. www.zooatlanta.org/panda-cam. Free.

Winchester Mystery House Virtual Tour. Virtual World, online. An exploration of the famously spooky home while it's closed for the COVID-19 pandemic. Follow Winchester Mystery House's Facebook page for the next opportunity to tune in for a walkthrough of the house, which will stream on select days at 1 p.m. Free. www.winchestermysteryhouse.com/video-tour.

Yellowstone National Park Virtual Field Trip. Ongoing. Virtual World, online. Explore Mud Volcano, Mammoth Hot Springs and more. www.nps.gov/yell/learn/photosmultimedia/virtualtours. Free.

ETC.

Estate Planning Essentials Webinar. April 30, 4-5:30 p.m. Virtual World, online. Local attorneys Angela Petrusa and Kristen Adams will demystify the estate planning process, including revocable living trusts, wills, powers of attorney, advance health care directives, guardianship of minor children and more. Free. www.petrushalaw.com. 798-6030.

Sanctuary Forest Radio Hour. April 30, 7-8 p.m. Virtual World, online. Tune in to KMUD 91.1 or stream online. Sanctuary Forest Water Program Director Tasha McKee discusses strategies for storing more water in the ground and education director Anna Rogers updates on the 2020 hike season. Free. anna@sanctuaryforest.org. www.kmug.org.

Weekly Check-in with Rep. Huffman. Wednesdays, noon. Virtual World, online. Rep. Jared Huffman (D-San Rafael) will hold Facebook Live check-ins to engage with his constituents on the latest updates regarding the novel coronavirus pandemic and to answer questions about the federal response. More information at www.huffman.house.gov/coronavirus. Free. www.facebook.com/rephuffman. ●

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Wed., May 6, 10:30 a.m.-12:30 p.m.

OLLI members: \$35

Our Fractal World:

Seeing the Complexity

with Molly Cate

Wed., May 6-20, 10:30 a.m.-12:30 p.m.

OLLI members: \$60

Understanding Migraine Headaches

with Dr. Caroline Connor

Thursday, May 7 & May 14, 10:30 a.m.-noon

OLLI members: \$40

Lightening Your Load: How to Get Rid of Your Stuff for Good!

with Louisa Rogers

Thurs., May 7, 1-3 p.m.

OLLI members: \$45

Conscious Grandparenting

with David Marshak

Wed., May 20, 10:30 a.m.-12:30 p.m.

OLLI members: \$30

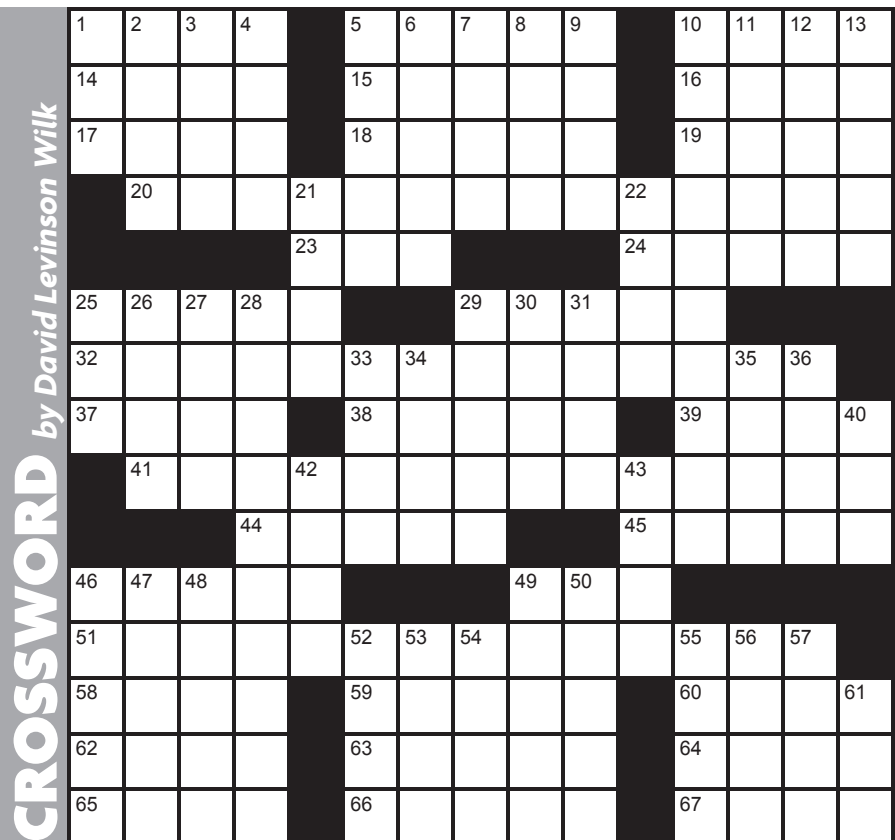
Look for updates on the OLLI
website and watch for future email
announcements from OLLI.



OLLI · HSU

SIGN UP TODAY!

humboldt.edu/olli



CROSSWORD by David Levinson Wilk

9 TO 5

ANSWERS NEXT WEEK!

ACROSS

- Jaguar alternatives
- Something to carve out
- Pay phone feature
- fide
- Two-time N.L. batting champ Lefty
- Hostess snack cake
- Japanese bowlful
- Govt. security
- Brand with "Thick & Fluffy" products
- Apt casting choice for a remake of "9 to 5" ... because of her name
- Kitchen counter crawler
- Territories
- In a frenzy
- "Hedda Gabler" playwright

- Apt casting choice for a remake of "9 to 5" ... because of her name
- Former "Saturday Night Live" regular Cheri
- Not too shabby
- Apt casting choice for a remake of "9 to 5" ... because of her name
- Stood on the hind legs, with "up"
- How sardines are often packed
- Head covering
- Poke
- Apt casting choice for a remake of "9 to 5" ... because of her name
- A, in Arabic
- Neighbor of a

- Saudi
- Dua ____ (2018 Best New Artist)
- Bewildered
- French : merci :: German : ____
- Its license plates say "Life Elevated"
- Shoddy pair?
- Motel 6 visits
- Four-posters, e.g.

DOWN

- Air rifle ammo
- Synthesizer pioneer Robert
- Sun and Sky org.
- Bygone Swedish auto
- Away
- "In all probability ..."
- Spiral shape
- Main part of a ship
- Actress Fanning
- Antic
- Prepare to surf,

- perhaps
- "That sounds bad!"
- Huey, Dewey and Louie, e.g.
- Do fall yardwork
- Peter Fonda title role of 1997
- Melissa Jefferson, ____ Lizzo
- Like bulls and bucks
- Gas or elec., e.g.
- They bring up ticket holders
- "____ a drink!"
- Friend of Mary Poppins
- ____ Tzu
- Crowd noise
- Men at Work's "Who Can ____ Now?"
- "This will ____ further!"
- "The Avengers" villain

- Broadband initials
- Shocks
- Nickname for Israel's Netanyahu
- Burn
- Actress Sevigny
- Greet the day
- Of poor quality, in modern slang
- Sign after Pisces
- Italian luxury shoe brand
- "____ my wit's end!"
- Mom's mom
- Word before sandwich or soda
- Give credit to
- Product that had sales of more than 300,000 on its first day in 2010
- Checkup sounds

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We Print Obituaries

Submit information via email to
classified@northcoastjournal.com, or by mail or in person.

Please submit photos in JPG or PDF format,
or original photos can be scanned at our office.

The North Coast Journal prints each Thursday, 52 times a year. Deadline for obituary information is at 5 p.m. on the Sunday prior to publication date.

310 F STREET, EUREKA
(707) 442-1400
FAX (707) 442-1401

LAST WEEK'S ANSWERS TO PROSE

S	N	A	P	O	S	A	M	A	D	A	T	A
P	O	L	E	H	I	F	I	S	O	X	E	N
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© Puzzles by Pappocom HARD #15

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1							2
			4	5		3	9
5				4	8	2	
		1					7
	3						5

www.sudoku.com

WORKSHOPS & CLASSES

List your class – just \$4 per line per issue! Deadline: Friday, 5pm. Place your online ad at classified.northcoastjournal.com or e-mail: classified@northcoastjournal.com. Listings must be paid in advance by check, cash or Visa/MasterCard. Many classes require pre-registration.

Dance/Music/Theater/Film

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-1231)

REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA. Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 www.redwoodraks.com (D-1231)

STEEL DRUM CLASSES. Weekly Beginning Class: Level 2 Beginners Class Fri's. 11:15a.m.-12:45p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-1231)

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

50 and Better

OLLI ONLINE CLASSES: Shelter in place but stay connected with OLLI. Get more information or register @HSUOLLI (O-1231)

OLLI ONLINE: LIGHTENING YOUR LOAD: HOW TO GET RID OF YOUR STUFF FOR GOOD! WITH LOUISA ROGERS. Take control of your possessions, and create a spacious, life-enhancing environment. Keep clutter out of your life for good! Thurs., May 7 from 1-3 p.m. OLLI Members \$30. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0430)

OLLI ONLINE: OUR FRACTAL WORLD SEEING THE COMPLEXITY WITH MOLLY CATE. Marvel at the simple beginnings nature uses to create the living complexity of life. This course introduces fractal geometry, the first mathematics to effectively model complex natural systems Wed., May 6-20 from 10:30 a.m.-12:30 p.m. OLLI Members \$30. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0430)

OLLI ONLINE: PLATE TECTONICS A WHOLE LOTTA SHAKIN' GOIN' ON WITH TUCK ENGEL-MANN. This introductory class will explore evidence of glaciation in equatorial Africa, fossilized tropical plants in Antarctica, volcanoes, earthquakes and more. Wed., May 6 from 10:30 a.m.-12:30 p.m. OLLI Members \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0430)

OLLI ONLINE: UNDERSTANDING MIGRAINE HEADACHES WITH DR. CAROLINE CONNER. MIGRAINE IS A COMPLICATED AND DEBILITATING DISEASE. Many myths regarding migraines exist in our popular culture and this course will help dispel some of those myths and give people a clearer understanding of this disease process. Thurs., May 7 & May 14 from 10-11:30 a.m. OLLI Members \$40. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0430)

Spiritual

EVOLUTIONARY TAROT Ongoing classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-1231)

KDK ARCATA BUDDHIST GROUP - SUNDAYS Meditation on Loving-Kindness and Compassion. 6pm via conference call (978)990-5000, access code 383707. Contact Lama Nyugu (707) 601-5466 Fierro_roman@yahoo.com kdkarcatagroup.org

LIFE WITHOUT LIMITS
Sequoia Conference Center
May 15th 16th 17th
DavidSandercott.com

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1231)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1231)

FREE DEPRESSION SUPPORT GROUP. Feeling hopeless? Free, non-religious, drop-in peer group for people experiencing depression/anxiety. UMCJH 144 Central Ave, McK 839-5691 (T-0430)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (T-1231)

SMART ON ZOOM 707 267 7868. (T-0423)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-1231)

Wellness & Bodywork

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Herbal & Traditional Healing in Greece with Thea Parikos. May 22 - June 2, 2020. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on this amazing journey of learning to the Aegean island of Ikaria. Beginning with Herbs. Sept 16 - Nov 4, 2020, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online www.dandelionherb.com or call (707) 442-8157. (W-0507)

YOUR CLASS HERE

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LEGAL NOTICES

NOTICE TO CREDITORS OF Kenneth A. McQueeney Trust
SUPERIOR COURT OF CALIFORNIA
COUNTY OF Humboldt
Notice is hereby given to the creditors and contingent creditors of the above-named decedent, that all persons having claims against the decedent are required to file them with the Superior Court, at 825 5th St., Eureka, CA 95501 and mail a copy to Anthony M. McQueeney as trustee of the trust dated 12/03/1991, wherein the decedent was the settlor, at 2033 11th Avenue, Arcata, CA 95521 within the later of four months after 4/23/2020 or, if notice is mailed or personally delivered to you, 60 days after the date this notice is mailed or personally delivered to you. A claim, form may be obtained from the court clerk. For your protection, you are encouraged to file your claim by certified mail, with return receipt requested.

4/23, 4/30, 5/7 (20-104)

FICTITIOUS BUSINESS NAME STATEMENT 20-00163

The following person is doing Business as
EEL RIVER SCRAP & SALVAGE
Humboldt
850 Riverwalk Drive
Fortuna, CA 95540
PO Box 322
Fortuna, CA 95540

EEL RIVER TRANSPORTATION & SALVAGE, INC
850 Riverwalk Drive
Fortuna, CA 95540

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Harry A. Hardin, President
This March 12, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

4/16, 4/23, 4/30, 5/7 (20-102)

FICTITIOUS BUSINESS NAME STATEMENT 20-00172

The following person is doing Business as
INFUZIONI HUMBOLDT

Humboldt
863 H St.
Arcata, CA 95521
PO Box 334
Arcata, CA 95521

Infuzed Humboldt LLC
CA 201909510632
863 H St.
Arcata, CA 95521

The business is conducted by a

Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jenny Anderson, Manager
This April 8, 2020
KELLY E. SANDERS
by kt, Humboldt County Clerk

4/30, 5/7, 5/14, 5/21 (20-106)

FICTITIOUS BUSINESS NAME STATEMENT 20-00173

The following person is doing Business as
DENIS E. COSBY CONSTRUCTION

Humboldt
2350 Central Ave
McKinleyville, CA 95519

Denis E. Cosby
1506 Hidden Fox Lane
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Denis E. Cosby, Owner
This April 8, 2020
KELLY E. SANDERS
by kt, Humboldt County Clerk

4/23, 4/30, 5/7, 5/14

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Jessie Nissen CASE NO. CV2000393

SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501
PETITION OF:
Jessie Nissen
for a decree changing names as follows:
Present name
Jessie Adeline Nissen
to Proposed Name
Jessie Adeline Bailey
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objec-

tion at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: May 15, 2020
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: March 16, 2020
Filed: March 16, 2020
/s/ Kelly L. Neel
Judge of the Superior Court
4/9, 4/16, 4/23, 4/30 (20-098)

4/9, 4/16, 4/23, 4/30 (20-098)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Justin Lee Wells & Min Jung Kim on behalf of Justin Lee Wells, a minor CASE NO. CV2000419

SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501
PETITION OF:
Justin Lee Wells & Min Jung Kim on behalf of Justin Lee Wells, a minor for a decree changing names as follows:
Present name
Justin Lee Wells
to Proposed Name
Justin James Wells
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: May 29, 2020
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: March 26, 2020
Filed: March 26, 2020
/s/ Kelly L. Neel
Judge of the Superior Court

4/9, 4/16, 4/23, 4/30 (20-099)

LEGALS?

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Clinical Laboratory Scientist

Located in the heart of the magnificent coastal
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California Community Blood Bank is a nonprofit
blood bank serving Humboldt and Del Norte
Counties. The Northern California Community
Blood Bank has an immediate opening for a
Clinical Laboratory Scientist. Both part-time and
full-time, fully benefitted positions are available.

The Northern California Community Blood Bank
offers a low-stress environment, excellent work-
life balance, and the opportunity to advance your
professional development while working for an
employer with a vibrant community relationship.

The Clinical Laboratory Scientist is responsible for
activities related to processing, testing, storage,
transportation, and other handling of blood and
blood products. The Clinical Laboratory Scientist
performs reference immunohematological
testing and participates in training, validation,
implementation of new procedures, and
compliance with regulatory and standard-setting
agencies.

Experience, Education and Licensure:

- Four-year degree from an accredited college
or university in science, medical technology or
a related field.
- Valid current CA license as a Clinical
Laboratory Scientist.
- Experience preferred, but will train a
motivated new CLS.

To apply, contact:

Kristina Kelone, Technical Director
Northern California Community Blood Bank
2524 Harrison Avenue, Eureka, CA 95501
707-443-8004



SoHum Health is HIRING

Interested applicants are
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online at www.SHCHD.org or
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Garberville (707) 923-3921

CURRENT JOB OPENINGS

NURSE MANAGER – EMERGENCY DEPT/ACUTE

Full Time Position. Critical Access ER/Acute Department
Nursing Manager; 4-bed Emergency room & 9-bed
Acute care unit, seeking a Nurse Manager to provide
leadership, administrative responsibility and oversight of
the ER and Acute care departments. Current California
RN license required. BSN, PALS, & ACLS required.
Minimum 2 years ER experience required. Minimum 1
year Management Experience strongly preferred.

HUMAN RESOURCES ASSISTANT

Part Time position, 24 hours a week. Provide support to
the Human Resources Director. Job duties include, but not
limited to: Maintain confidential personnel files and personnel
actions, assist the HRD with HR projects, provide clerical
and operational support to the HR dept., assist with benefit
enrollment, maintain online Learning Management System,
and interact with and provide information to job applicants,
employees, department heads, and other agencies.

High school diploma or equivalent required. Two years of
experience working in human resources, office administration,
or closely related field strongly preferred. Must possess strong
office administration skills and be proficient in Microsoft
products. Must be proficient in reading and writing in English.

RERRERALS COORDINATOR

Full-time position Monday to Friday in our outpatient Rural
Health Clinic. Responsibilities include excellent customer
service, obtaining authorization for patient services, processing
referrals, communicating with patients, managing incoming
medical records, and verifying provider documentation and
fees with daily patient census. Effective computer, software,
and phone skills required. Minimum one year experience
in medical office or healthcare facility highly preferred.

LICENSED VOCATIONAL NURSE – CLINIC & HOME VISITS

Full Time position, 8 or 10 hr. shifts, 4 or 5 days a week,
Monday - Friday. Current California LVN license and BLS
certification required. Work 8 or 10 -hour shifts in our
outpatient Rural Health Clinic and at patient homes.

LICENSED VOCATIONAL NURSE – SKILLED NURSING FACILITY

Full Time, Part Time or Per Diem, 12 hour shifts. Current
LVN license and CPR certification required. Work 12-
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The Hoopa Valley Tribe is accepting applications
to fill the following vacant position:

FIRE CHIEF

Hoopa Fire Department,
F/T, Regular Salary: DOE.

This position reports directly to the Tribal Chairman.
Supervises and manages all components of a Fire
Department that includes primarily Wildland Fire
Management, and may encompass other duties and
responsibilities through organizational development,
such as consolidation of a structural component.
Responsible for the planning, and execution of a
comprehensive fire organization that includes, and is
not limited to, Administration, Training, Facilities, Fleet
Maintenance, Preparedness, Response, Prevention,
Fuels Management, Detection, and Investigation.

Minimum Qualifications: Must have a Bachelor's
Degree in Biological Sciences, Agriculture, Natural
Resource Management or Fire Administration, and Ten
(10) years of experience in Fire Program Management
in a leadership position of a complex Fire management
program, OR Ten (10) years of Fire Management
experience at the Chief Officer level and five (5) years of
experience as a Chief Officer performing the duties as
a primary Fire Program Manager. Minimum Interagency
Qualifications rating for a Command or General Staff
position at the Type 2 level and Incident Commander
Type 3 or better, to National Wildland Coordinating Group
Standards. Extensive certifications required, please see
job description for a complete list required certificates.
Must have a Valid CA Driver's License and be insurable.

DEADLINE: MAY 28, 2020

These positions are classified safety-sensitive.

For job descriptions and employment applications,
contact the Human Resources Department, Hoopa Valley
Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-
9200 Ext. 20 or email hr2@hoopainsurance.com. The
Tribe's Alcohol & Drug Policy and TERO Ordinance Apply.

NORTHWOOD

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 \$17,595 2017 Hyundai Tucson SE 36,297 miles #331131	 \$17,995 2016 Jeep Cherokee Sport 27,769 miles #340627	 \$17,995 2011 Toyota 4Runner Limited 166,823 miles #039094
 \$19,595 2017 Buick Encore 18,492 miles #105779	 \$19,995 2019 Hyundai Kona SE AWD 12,342 miles #330652	 \$21,295 2018 Jeep Compass 35,889 miles #470059
 \$21,995 2018 GMC Sierra 1500 10,845 miles #904091	 \$24,595 2017 Honda CR-V EX-L 41,607 miles #509521	 \$24,995 2017 Chevrolet Bolt EV 23,375 miles #139504
 \$24,995 2017 Subaru Outback Limited 42,550 miles #310203	 \$25,895 2015 Chevrolet Tahoe LT 96,199 miles #248272	 \$28,995 2016 Ram 1500 25,969 miles #202240
 \$29,995 2016 Toyota 4Runner Limited 73,272 miles #357916	 \$30,995 2017 Dodge Durango R/T AWD 57,959 miles #733074	 \$30,995 2017 GMC Acadia Denali AWD 36,801 miles #134191

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EMPLOYMENT



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FISCAL/ADMINISTRATIVE COORDINATOR Fiscal/Administrative Coordinator position opening at the North Coast Rape Crisis Team serving the counties of Humboldt since 1972 and Del Norte since 1988. The position is housed in the Eureka office. If interested and for more information, please send an email to: mgmt@ncrct.org with the subject line: 'Fiscal/Admin position'.



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AND DESCRIPTIONS
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ON FACEBOOK: WWW.FACEBOOK.COM/
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FOR MORE INFORMATION CALL
(707) 482-1350 EXTENSION 1376

MARKETPLACE

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Owner/
Land Agent
BRE #01332697
707.476.0435



Kyla Nored
Owner/Broker
BRE #01930997
707.834.7979



Katherine Fergus
Realtor
BRE #01956733
707.601.1331



Dacota Huzzen
Realtor
BRE #02109531
707.499.0917



Hailey Rohan
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BRE #02044086
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-Charlie Tripodi, THE LAND MAN

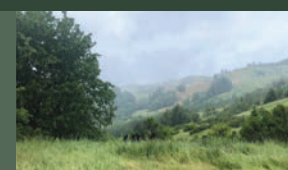
BIG LAGOON – LAND/PROPERTY - \$375,000

±55 Acres featuring great roads, Redwoods, and views of Stone & Big Lagoons. Permits in place for water/septic/solar awaiting your development!



BLOCKSBURG – LAND/PROPERTY - \$265,000

±40 Acres with beautiful mountain views, small cabin, and an unfinished 2 bedroom house. Owner may carry.



REDUCED PRICE!

FORTUNA – LAND/PROPERTY - \$999,000

±24 Acres overlooking the Eel River with development/subdivision potential! Property has public utility access and owner may carry.



SALMON CREEK – HOME ON ACREAGE - \$749,000

±120 acres w/ three cabins nestled in the hills of Salmon Creek w/orchards, water sources, solar, and much more!



WILLOW CREEK – LAND/PROPERTY - \$150,000

A ±9 Acre lot located at the top of the Bigfoot subdivision! This property boasts buildable flats, community water and power at the street.



SHOWERS PASS – LAND/PROPERTY - \$295,000

±40 Remote acres featuring springs, meadows, timber, undeveloped building sites. Great retreat spot!



WHISKEYTOWN – LAND/PROPERTY - \$75,000

±80 Acres w/ Hwy 299 frontage, deeded water rights, timber, gated access road. Needs development.



FORKS OF SALMON – LAND/PROPERTY - \$299,000

Versatile ±26.6 acre property featuring Salmon River frontage, offers meadows, well, flat topography, and power to the parcel.



WILLOW CREEK – CULTIVATION - \$1,290,000

±140 Acre property w/ interim County permit for 28,900 sq. ft. of outdoor cultivation space! Features two wells, large year-round spring, & two developed agricultural flats.



NEW LISTING!

BURNT RANCH – LAND/PROPERTY - \$299,000

±40 Acres of eastern facing property, partially developed featuring woodlands with mixed timber, meadows, a spring, and deeded access. Elevation is at 2800 feet.

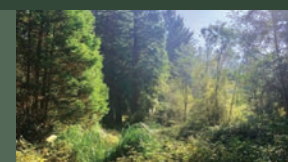


NEW LISTING!



CUTTEN – LAND/PROPERTY - \$495,000

±9.25 Acres in Cutten/Ridgewood area! Property has redwoods, open meadows, a skid road, and the potential to subdivide.!



WESTHAVEN – LAND/PROPERTY - \$235,000

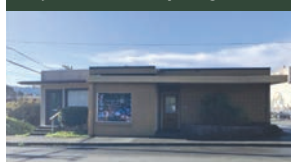
±2.6 Acre parcel w/ useable flats ideal for building your dream home!

REDUCED PRICE!



BIG LAGOON – LAND/PROPERTY - \$99,000

±5.8 Undeveloped acres w/ incredible views! Potential building sites w/ repairs subject to California State Parks Dept. approval, and plans subject to California Coastal Commission approval.



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